

Zomer Reformer JULI 2026						
MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
29-jun 9u 10u ReFoRMeR 17u30 18u30	30-jun 8u 9u ReFoRMeR 18u30 19u30	1 9u ReFoRMeR 17u30 18u30	2 9u 10u ReFoRMeR 17u30 18u30 19u30	3 8u 9u ReFoRMeR	4 10u30 ReFoRMeR	5 8u30 9u30 ReFoRMeR
6 ReFoRMeR 18u30 20u30	7 9u 10u ReFoRMeR 17u30 18u30 19u30 20u30	8 9u 10u ReFoRMeR 18u30 20u30	9 9u 10u ReFoRMeR 17u30 18u30 19u30	10 8u 9u 10u ReFoRMeR 17u30 18u30	11 9u30 10u30 ReFoRMeR	12
13 9u 10u ReFoRMeR	14 ReFoRMeR 18u30	15 9u 10u ReFoRMeR 17u30 18u30 20u30	16 9u 10u ReFoRMeR 17u30 18u30 19u30 20u30	17 8u 9u 10u ReFoRMeR	18 9u30 10u30 ReFoRMeR	19
20	21	22 8u 9u ReFoRMeR 17u30 18u30	23 9u 10u ReFoRMeR 18u30 20u30	24 9u ReFoRMeR 17u30 18u30	25 10u30 ReFoRMeR	26
27 9u 10u ReFoRMeR 17u30 18u30 20u30	28 8u 9u 10u ReFoRMeR 18u30 19u30 20u30	29 9u 10u ReFoRMeR 17u30 18u30	30 9u 10u ReFoRMeR 17u30 18u30 19u30	31 10u30 ReFoRMeR	1-aug	2-aug

Zomer SGT JULI 2026						
MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
29-jun 19u30 FaT BurNer	30-jun	1 19u30 STReTCH & MoBiLiTy	2	3	4 9u30 PiLaTeS mAt	5 10u30 -12u vrije training
6 19u30 PiLaTeS mAt	7	8 19u30 FaT BurNer	9	10 17u30- 19u15 vrije training	11	12
13 19u30 STReTCH & MoBiLiTy	14 19u30 FaT BurNer	15 19u30 PiLaTeS mAt	16	17	18	19
20	21	22 19u30 PiLaTeS mAt	23 19u30 FaT BurNer	24 17u30- 19u15 vrije training	25	26
27 19u30 FaT BurNer	28	29 19u30 STReTCH & MoBiLiTy	30	31	1-aug 9u30 FaT BurNer	2-aug

Zomer Paal JULI 2026						
MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
29-jun 19u OpWarmerke 20u30 OpWarmerke	30-jun 19u30 HoP	1 19u Warm/Proefles 20u30 Warmst	2 19u30 RoTaTioN	3	4 10u30 Warm	5 10u30 -12u vrije training
6 19u Warmst 20u30 Warmer	7 19u Warmst 20u30 Warm	8 20u30 Chupa Chup	9 19u30 Warm/Proefles	10 17u30- 19u15 vrije training	11 10u30 Warmer	12
13 20u30 exHOTic	14 20u30 Chupa Chup	15 19u Warm 20u30 Warmst	16 19u Warmer 20u30 Warm	17	18 10u30 Warmst	19
20	21	22 19u Warm 20u30 Warmst	23 20u30 Chupa Chup	24 17u30- 19u15 vrije training	25 10u30 Warm	26
27 20u30 Chupa Chup	28 19u Warmst 20u30 Warm	29 20u30 Pretty Cool	30 20u30 Choreo Dinero	31	1-aug 10u30 Chupa Chup	2-aug